

# What America Eats - US - February 2021

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## This report looks at the following areas:

- The shifting makeup of the typical American diet
- Top drivers impacting food and drink choice, including attributes sought by occasion
- Attitudes toward healthy eating
- The impact of COVID-19 on food and drink choice.



"COVID-19 brightened the spotlight on food's role in consumers' lives. 67% of US adults put a lot of thought into what they eat, and 26% have turned to food and drink for comfort more often due to the pandemic."

– **Beth Bloom, Associate Director, US Food and Drink Reports**

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